

**GI CONSULTANTS
MONTEREY BAY ENDOSCOPY CENTER**

**LOW FAT DIET
50 Grams Fat**

Description

The low fat diet is limited to 50 grams of fat per day. The diet allows 6 ounces of meat and 3-5 equivalents (5 grams fat/day) per day.

Indication for Use

The diet is used to relieve symptoms of diarrhea, bloating, and steatorrhea. The diet may be used in the treatment of disorders of the pancreas, gallbladder, and biliary tract and in malabsorption disorders in which digestion, absorption, or utilization and transport of fat is impaired. These disorders include pancreatitis, short bowel syndrome, choleceptitis, radiation enteritis, celiac disease, tropical sprue, and cystic fibrosis. The low fat diet is not intended for use in lowering serum lipid levels.

Nutritional Adequacy

The diet is adequate in all nutrients when planned to include a variety of foods from all food groups found in the USDA's Food Guide Pyramid. Adequacy of the diet depends upon the food choices of the individual.

Dietary Plan

Low Fat Diet	Foods Allowed	Foods Restricted
Beverages	Non-fat milk, non-fat buttermilk, powdered and evaporated non-fat milk, coffee, tea, other non-dairy drinks, carbonated beverages	1%, 2%, whole milks, buttermilk made with whole milk, chocolate milk, evaporated milk, cream
Breads	Enriched or whole grain breads, bagels (made without eggs), English muffins, saltines, soda crackers, plain corn or flour tortillas	Breads containing eggs or cheese, biscuits, sweet rolls, danishes, doughnuts, muffins, French toast, waffles, pancakes, snack crackers with added fat, chips, fried tortillas

Cereals	Dry and cooked cereals, whole grain cereals, except granola-type	Cereals containing nuts and seeds, granola-type cereals
Desserts and sweets	Angel food cake, fat-free baked products, pudding made with non fat milk, gelatin desserts, fruit ices, sorbets, sherbet, non fat ice cream and frozen yogurt, hard candies, sugar, honey, syrup, jelly, marmalade	All other cakes, cookies, pies and pastries, pudding made with low fat-whole milk or eggs, custard, ice cream, chocolate, candies made with chocolate, nuts, or coconut
Fats	Limit to 305 fat equivalents per day One fat equivalent equals 5 grams fat: Margarine, butter, oil 1 tsp Low fat margarine 1 tbsp Salad dressing 1 tbsp Low fat salad dressing 2 tbsp Mayonnaise 1 tsp Low fat mayonnaise 1 tbsp Avocado 1/8 Bacon 1 slice Sour cream 2 tbsp Cream cheese 1 tbsp	More than the limit as listed opposite
Fruits	All fruits except those listed opposite; fruit juices	Avocado, coconut
Meat and meat substitutes	Limit to 6 oz per day Lean meats, poultry without skin, seafood (plain, baked, broiled, poached, or roasted), egg whites, egg substitute, fat-free cheeses, non fat cottage cheese, non fat yogurt, dried beans and peas. Limit egg yolks to 3/week	High fat meats, fried meats, poultry, fish, meats and fish canned in oil, meats with gravies or sauces, bacon, sausage, eggs cooked in fat, eggs cooked with low fat or whole milk, low fat or whole milk cheeses and yogurt, peanut butter
Potatoes and potato substitutes	White and sweet potatoes, mashed potatoes made with non fat milk, rice pasta	Fried potatoes, mashed potatoes made with low fat or whole milk, rice or pasta

	(made without added fat)	made with added fat, chips
Soups	Fat free broths and soups, soups made with non fat milk	Cream soups, soups made with restricted foods
Vegetables	Fresh, frozen or canned vegetables, vegetable juices	Fried vegetables, vegetables cooked with added fat
Miscellaneous	Salt, pepper, spices, condiments	Gravies, sauces, non dairy creamer

Meal Plan

Breakfast	Lunch	Dinner
Orange juice ¾ cup Whole grain cereal ¾ cup Banana 1 medium Whole wheat toast 2 slices Margarine 1 tsp Jelly 1 tbsp Non fat milk 1 cup Coffee/tea	Vegetable soup 1 cup Sliced turkey 2 oz Whole wheat bread 2 slices Mayonnaise 1 tsp Mustard 1 tsp Sliced tomato/lettuce Fresh fruit salad ½ cup Non fat milk 1 cup	Green salad 1 cup Fat free salad dressing 2 tbsp Broiled skinless chicken breast 3 oz Herbed brown rice ½ cup Broccoli, steamed Whole wheat roll 1 Non fat frozen yogurt 1 ½ cups Apple 1 medium Iced tea